

Barossa Run: Event Email

Good morning/afternoon/evening, **Barossa** Runners!

Thank you for being part of the Barossa Run, our annual run based in the picturesque Barossa Valley, held next **Sunday** 5 October. We're excited to show you this gorgeous course – and to share with you the wonders of the area. 😊

We just have a few bits of information to go over before the big day.

STARTING INFORMATION:

We're located at the picnic area behind Lyndoch post office. I've attached a map to give you a better idea of the location. The address for the library is 29 Barossa Valley Way, Lyndoch. There is a car park behind the library in front of the picnic area, which you can get to by turning the corner IMMEDIATELY PRIOR TO THE POST OFFICE. **Please look at the directions listed below and the attached map to get a stronger idea of the start location.**

Getting There:

By car:

If you're getting there by car, the best way to do so is just to enter '29 Barossa Valley Way' into Google maps and follow its advice – only overriding it when it becomes time to get to the precise parking area, around the corner from the post office.

The main route coming from Adelaide is to take South Rd to the North-South Expressway. Follow google maps' advice and take a few side streets to meet Barossa Valley Way. Follow Barossa Valley Way until you pass the post office/library, then turn left onto a street THAT'S ALSO BAROSSA VALLEY WAY. Then, take the first immediate left which goes to the parking area. This park is about 50m after you turn onto Barossa Valley Way from Barossa Valley Way.

By public transportation

There are not many public transportation options. However, check out google maps or <https://adelaidemetro.com.au/> for advice regarding your route options.

Start times*

6am – Early starters (1st wave), 63.3km

7am – Early starters (2nd wave), 50km

8am - 42.195km (Full Marathon), 30km

8:30am – 21.1km

9:00am – 15km, 10km

9:30am – 7.5km, 5km, 2.5km

9:45am – 1km

Suggested arrival time: The race briefing will begin 15 minutes before your event's start time. Please ensure you arrive with enough time to collect your bib and be present for the briefing; I would

recommend arriving 30 minutes prior to your distance's start time. You can leave your bags at the bag drop.

Same-day registration. We offer same-day registrations for those who were unable to register online. If you know of anyone who would like to use the same-day registration option, tell them to show up at least a half hour prior to their elected distance's start time to fill out the emergency contact form and event waiver. A same-day registration fee will apply.

Early starts An early start of 6am is available for this event with prior notice. If you want an early start, but did not choose an 'early start' option upon registration, please contact us at GoodRunningsinfo@gmail.com to arrange. Please be aware that early starters are not eligible for podium recognition.

Late starts Late starts of up to 2 hours (from standard start time) are available for this event with prior notice and acceptable reason. If you want a late start, please contact us at GoodRunningsinfo@gmail.com to arrange. Please be aware that late starters are not eligible for podium recognition.

If you have any problems finding the start or if you wish to get in touch with me before/during the race, **please store my number into your phone**. It is 0412977006.

COURSE DESCRIPTION:

Attached is a map of the course, the elevation chart, and the race briefing. The course is an out-and-back looped 21.1km course. The GPX file of the 21.1km loop will be sent to all participants doing distances of 21.1km and above. All distances of 30km and more involve multiple loops. The race briefing goes over the precise course for each distance.

FINISHER'S AWARDS & PODIUM PLACEMENTS

Finisher's Awards

Anyone who is doing a distance of 21.1km and above should receive a medal; additionally, anyone who is doing less than 21.1km and chose to purchase a medal during registration should receive one. Anyone who registered before or on Saturday should have the medal available to them on the day. All other registrants who are to receive medals will receive them after the event by post.

Anyone who will not have a medal available to them on the day will receive a finisher's certificate.

Podium Placements

We will be recognising the 1st, 2nd, & 3rd place podium finishers (male & female) in each distance. Any distance with more than 10 people will have a 1st place medal; any distance of more than 20 people will have a 1st and 2nd place medal; any distance of more than 30 people will have a 1st, 2nd, and 3rd place medal. Additionally, all 1st, 2nd, and 3rd place finishers (male & female) of the marathon or ultra marathon distances will also receive a medal. Any podium finisher who does not get a medal will get a podium certificate.

SUPPORTING CHARITY/NOT-FOR-PROFIT

GoodRunnings proudly supports WSSSA & NADVS (Women's Safety Services SA & Northern Adelaide Domestic Violence Services), helping local women and children rise above domestic abuse and

thrive. We donate \$3-\$5 from every registration to them, as well as hand over 100% of the individual donations made to them by registrants. The \$3-\$5 is determined by distance. If a participant is registered for a distance below 21.1km, we donate \$3; if they're registered for a distance of 21.1km and over, we donate \$5.

At the time of writing, we have collected \$45 in donations and have 120 registered participants – 47 under 21.1km; 73 registered for 21.1km and over, resulting in \$551 to be donated to NADVS.

DON'T JUST MAKE AN EVENT OUT OF IT – MAKE AN EXPERIENCE

It is our firmest hope that when you join us for an event, you don't enjoy just the event. Rather, we hope you enjoy an experience exploring an area of SA. Make a weekend or a day trip out of it! For this reason, we send out a **brief pamphlet of Things to Enjoy**, highlighting some of the local attractions, food options, and activities in the local area. We hope you enjoy it as much as we do!

GREEN:

GoodRunnings tries to be "green". As such... **THIS EVENT IS RECOMMENDED TO BE CUP-FREE; WE RECOMMEND YOU SUPPLY YOUR OWN CUP/BOTTLE.** If you cannot bring your own bottle, we can offer you a biodegradable cup.

ATTACHED POLICIES & OTHER INFORMATION

For your convenience, the 'General Policies, Procedures, & FAQ' manual is attached, as well as our 'Anti-Harassment Policy' and 'Code of Conduct'. Please don't hesitate to contact me if you have any questions – or if you feel uncomfortable with a participant/marshal's behaviour, at or away from an event.

Don't hesitate to let me know if you have any further questions! I look forward to seeing you this weekend!